Junior Section Physical Activities Competition

Venue: During normal meeting night
Date: W/C 18th November *
Team Size: Min 6 Boys, Max 12 Boys
Team Entry: Multiple teams permitted **
Officer: An officer must accompany team(s)

	Exercise	Description
1	**Entrance**	Jogging in file once around the hall then take positions for the exercises.
2	**Trunk Bending**	Feet astride, bend forward to touch the floor, **a)** In front of feet, **b)** Between feet, **c)** Behind feet Return to upright position with hands by side. **Repeat X 6**
3	**Arm Press**	Feet astride, arms outstretched to the side at shoulder level. Gently press both arms backwards. **Repeat X 6**
4	**Picking Apples**	Reach straight up on tip toes and try to pick an apple with first one hand then the other. (do not bend backwards) Each arm stretch should be held for 4 seconds. **Repeat X 4**
5	**Straddle Press**	Standing straight, push one leg forward keeping back leg straight. Gently lower body and hold for a count of 8. Change leg position and hold for 8. **Repeat actions X 3**
6	**Squat Thrust**	Start at attention then crouch down. Exercise begins by doing 3 squat thrusts, on completion of 3 thrusts come to attention. **Repeat X 3**
7	**Trunk Turning**	Standing legs astride with hands into chest, twist upper torso with left arm leading, repeat for right side. **Repeat X 4**
8	**Side Leg Raise**	Lying on one side, gently raise one leg as high as possible then lower. **Repeat X 6.** Change sides and **Repeat X 6.**
9	**Star Jumps**	Start in a crouch position with feet together. Jump up raising arms and legs out to the side forming an X shape in mid-air. Gently land and lower into start position. **Repeat X 6**
10	**Exit**	Walk round the hall **X 1** Jog round the hall **X 1** Exit Hall

* All Companies will be judged during their normal meeting night at a time and date arranged and agreed with the convenor.

** Team members cannot participate in more than one team.

Junior Section Physical Activities Competition

Company:	
Date:	
Team:	
Team Size:	
Officer:	

	Name	Primary Year
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